

NDL-100 automatic Wrist-type Blood Pressure Monitor

ENGLISH MANUAL GUIDE



Before using the blood pressure monitor,
please read this manual carefully,
After reading ,keep it carefully for using later.

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Product Introduction

In the use of this device, please read the details of this statement in order to correct the measured Value. Please save this for later reference manual and warranty, if you need additional details, please consult your doctor.

- I Intelligent automatic compression and decompression**
- I measure systolic, diastolic and pulse at the same time**
- I Easy to operate, switching button to start measuring**
- I 60 store groups memory measurements**
- I Can read single or all measures**
- I 3 minutes automatic power saving device**
- I Intelligent device debugging, automatic power to detect**
- I Local tests for: wrist circumference as 135-195mm**
- I Large-scale digital liquid crystal display screen**
- I High-accuracy**

warning sign



ATTENTION!!

Before using this, please read the manual guide carefully!

Safety issues(very important)

| Using the results of the measurement and treatment to do self-diagnosis is dangerous. Please follow the doctor's instructions during using this product. The result of blood pressure measurements is only for reference, If you have any questions for the test result, please consult a professional doctor as soon as possible.

| If users have a heart problem (arrhythmia, such as ventricular stroke arid or ventricular fibrillation), liver problems, high blood pressure, diabetes and other vascular diseases, blood pressure monitor may display incorrect measurements. Before using or using for the first time please consult a doctor to determine whether the test can reflect the actual blood pressure.

| Diabetes, high cholesterol or high blood pressure, and other diseases, may accelerate atherosclerosis process. If this situation persists, the occurrence of stroke, they will have the mind infarction and blood circulation disorders, the danger will increase. At this point, measuring blood pressure from the wrist and on the arm may vary considerably. Even healthy people, If the measurement of improper conditions may occur about 20mmHg differences. Therefore, we should not do self-diagnosis with the results of measurment, the doctor should be consulted at once.

| Because there may be physiological conditions to varying degrees, and when measuring, there will be differences. In general, the arm blood pressure measurements will be similar fluctuations in the trend. As a result, over right wrist blood pressure measurement value will be able to monitor changes in blood pressure fluctuations in the trend.

| Measuring blood pressure at home may be lower than in a hospital or clinic measurements about 20-30mmHg. This is because most people maybe a little intense when seeing a doctor, and will be more relaxed at home. So it is very important to do self-diagnosis at home periodically by this equipment. Personal feelings thread tension surrounding environment or the tiny changes in blood pressure can lead to 30-50mmHg difference.

FORBIDDEN ITEM

I It can not be used for baby or people who can not be right to express their willing , otherwise it will lead to an accident or cause trouble.

I It can not be used for other uses except measuring blood pressure ,otherwise it will lead to an accident or cause trouble.

I You can not use mobile phone around the apparatus when you start measuring,which can lead to operation error.

I Do not do dismantling or alteration of the main components of blood wrist strap, this could lead to mistakes or incorrect measurement.

I Please do not press start key to fill air before wristband is tied to the wrist .

I The apparatus can not be burned,impacted or falled,also do not stretch and contort it .

I Do not put it in the high temperature, high humidity, dusty and direct sunlight places.

I Do not use the sperm of benzene, thinner, gasoline or alcohol to do cleaning.

Basic knowledge of blood pressure

Blood pressure is when blood flowing through arteries, the pressure of the blood vessel.

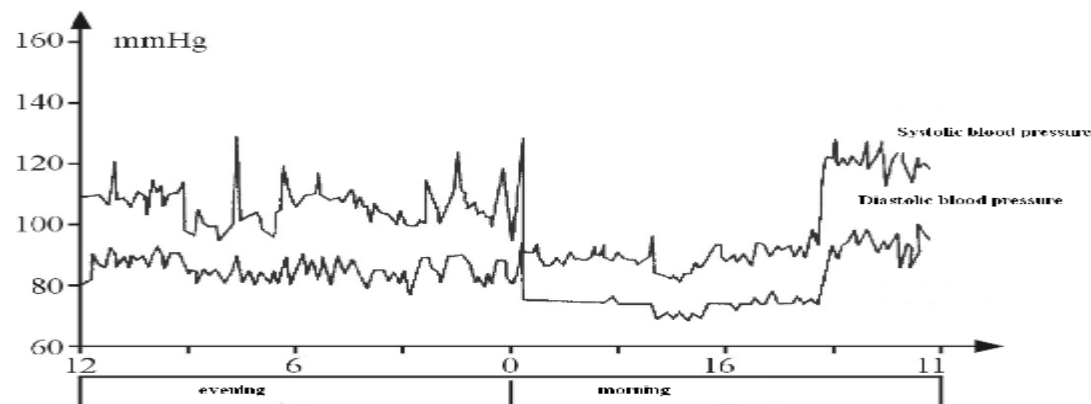
Systolic blood pressure (the highest pressure): the pressure of heart when heart is systolic and blood is out .

Diastolic blood pressure (the lowest blood pressure): the pressure of heart when blood is back to the heart

In General, the blood pressure in the morning is low, but it can increase gradually as the time goes to the noon or in the evening. The pressure is low also in summer, but high in winter.

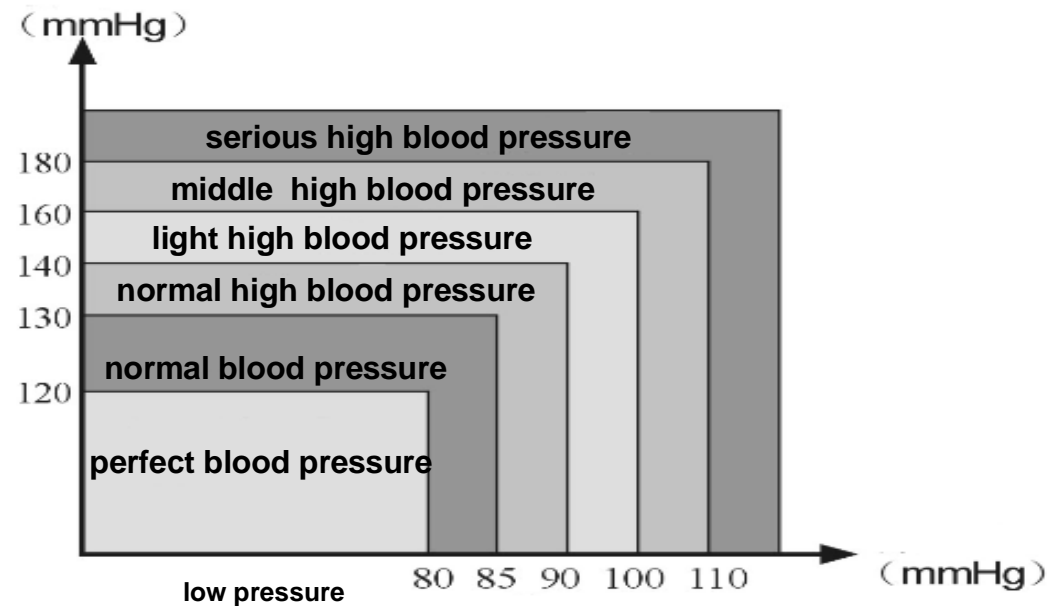
The change of blood pressure (The change of blood pressure every 5 minutes in a day is shown as below picture)

Pulse number: The same as blood pressure, it can change according to the physical condition or exercises.



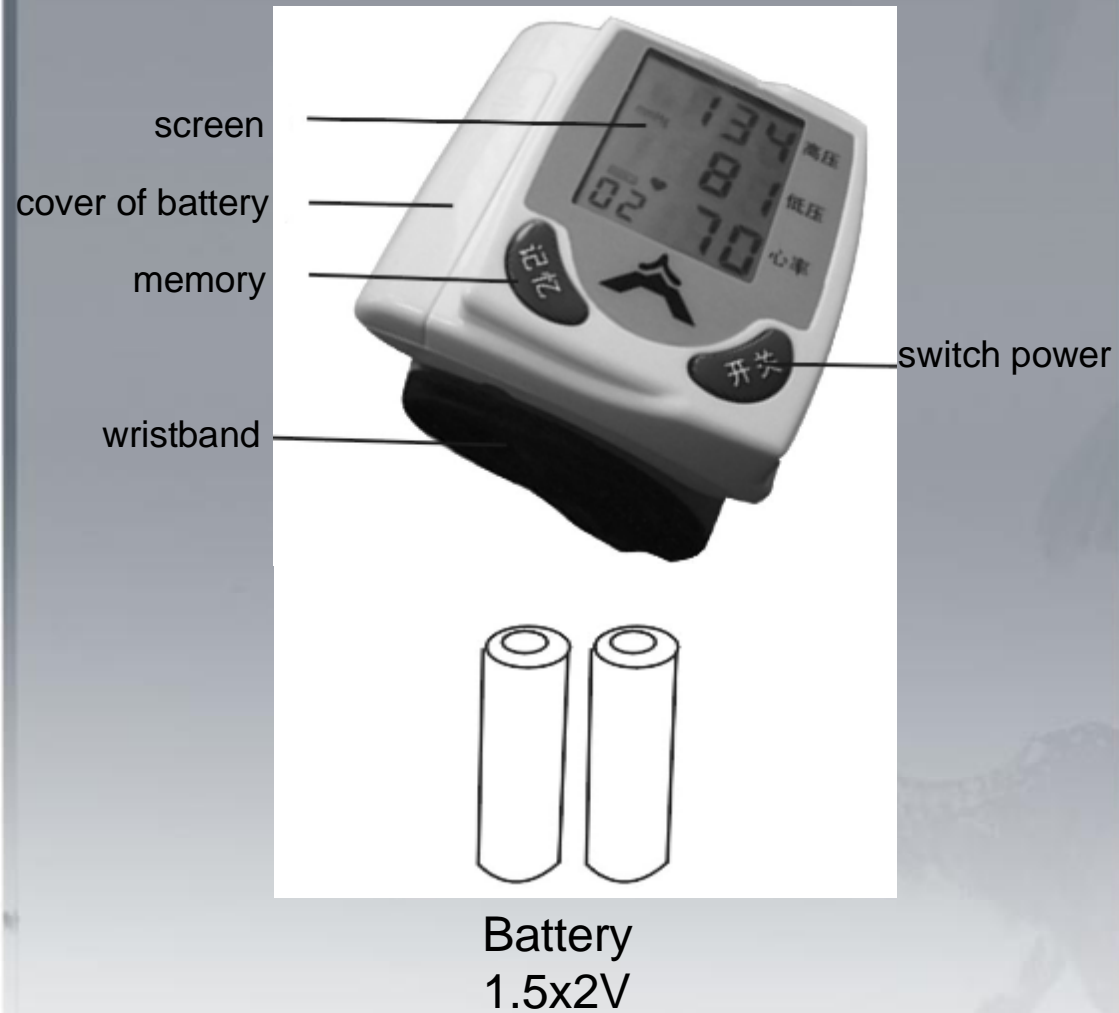
I The World Health Organization's classification of blood pressure:

The World Health Organization (WHO) and the International Association of high blood pressure (ISH), the system has been set the standard classification of blood pressure, as shown in Fig. Although not yet in the world are accepted standard definition of low blood pressure, but in general, lower than the systolic blood pressure 100mmHg is generally considered to be the low blood pressure people.



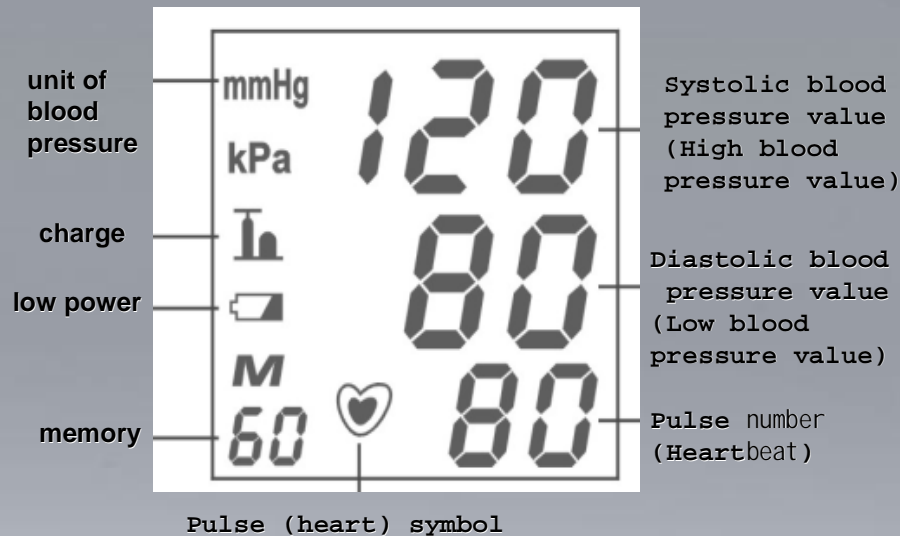
- ◇ According to the WHO / ISH in 1999, the revised classification of blood pressure
- ◇ The classification is based on the out-patient department of the hospital's patients

I Product description



Button operation menu

Switch key: click one time to open
click 2 times to start measuring blood pressure and pulse



warning

- If the wrist band is in a state of inflation and can not be stopped, please immediately unfasten the wristband or turn off the machine.
- Do not measure for a long time, if there is any arm injury or abnormal also please don't measure.

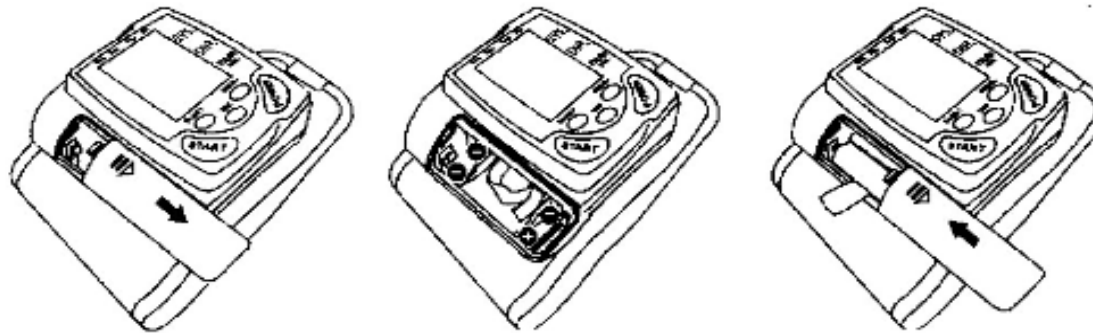
SUGGESTION BEFORE MEASURING

- We suggest you to measure the blood pressure on the same wrist and pose, on a fixed time in the morning, noon, and in the evening, 3 times a day.
- Please keep the blood pressure meter and heart on the same high level position. The height of wristband can influence blood pressure value.
- Blood pressure is fluctuant, many factors can cause changes in blood pressure. Such as: breathing, exercise, tension, smoking, eating, anxiety, environment and temperature change, time, excretion, chat, bathing, alcohol, drug use, physical activity, and so on.
- When you have sense to excrete urine, blood pressure will increase, please measure a few minutes later after the excretion of urine finished. You'd better measure your basic blood pressure (just wake up in the morning, no sense of excretion), if no, please measure before eating and doing exquisite exercise.
- 4-5 minutes before the measurement, please sit and keep quiet. During measurement, body, arms, fingers are in a natural state of relaxation, not let muscle be active.
- During measurement, please don't speak, keep quiet and relax the body. For continuous measurement, keep 4-5 minutes between each time. Please measure 20-30 minutes later after drinking wine, coffee, tea, smoking, bathing and eating. Measure rrl, room temperature should be maintain about 22-25°C.
- Keep the record of exact blood pressure measurements for reference of doctors. The first measurement can not be the real value of blood pressure. Only long-term record of the measurements can show the long-term trend,

Battery installation and replacement

1. Battery installation: According to the battery cover direction arrow to open the battery cover, internal marking (+), (-) symbol to install 2 pcs AAA alkaline batteries, and then slide the battery cover to close.

2. Battery replacement: The machine will automatically detect power, symbols appear when it is lack of electricity, please re-confirm the new battery polarity, or immediately replace 2 new AAA alkaline batteries, the pulse and blood pressure measurements stored and time settings will be lost.



NOTE:

Make sure the battery is turn off before the replacement of new battery. If haven't turned off the power and replace the battery directly, or haven't installed battery for 30 seconds, all measured information stored in the machine will be lost and need to re-set the time.

NOTE:

- Please operate according to this instruction manual to install or replace battery.
- If the ambient temperature is low, it will shorten the battery life.
- Waste batteries may damage the main parts.
- If not use the blood pressure for three months or longer, please take out the battery.
- When replace battery, do not mix old and new batteries.
- If the negative electrode is placed incorrectly, short circuit, mix different types of batteries, put into the fire it may cause leakage or rupture. Do not break down the battery.
- Check the battery on a regular basis, if necessary, please replace the batteries as soon as possible. When the battery consumption, replace the new alkaline batteries to ensure that the performance of the machine and number of measurements.



The use of the wrist

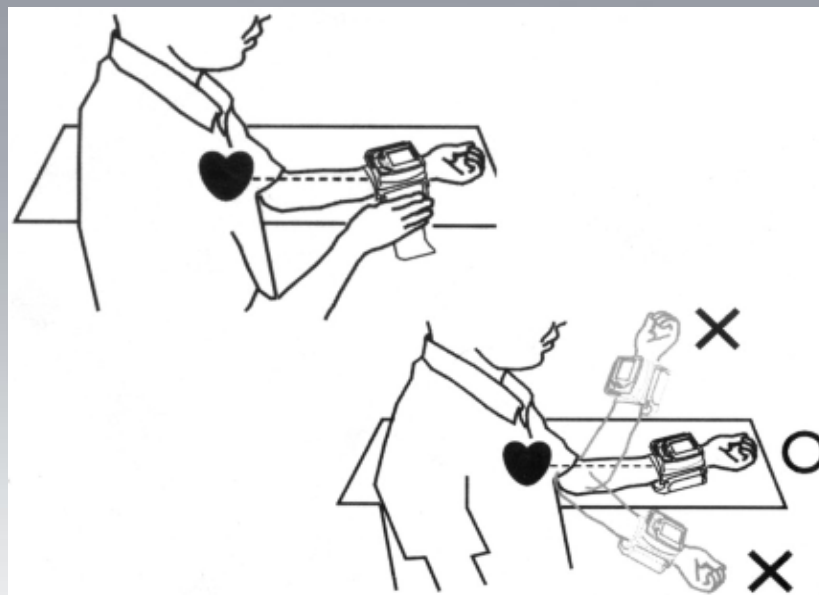
1. Palms up, blood pressure monitors are also up, and connect the wristband with left hand from 5-10mm (about one finger width).
2. Seize the end of wrist, and pulling in the same time, tied to the wrist, don't leave blank gap between wristband and wrist.
3. If the wrist band is too long, it can be properly fixed

! NOTE:

- Please tie the wristband with bare wrist, don't tie with sleeve;
- Please do not pull your wrist with wristband too tight, if the binding is not right, you will not be able to get the right blood pressure. If can not tie it independently, please ask others for help.

Right measurement posture

If you want to sit to measure, please put your left hand on the table, or put a pad or pillow to adjust the position of wristband, the pad can not hold the wrist band so as not to affect the measurement values.



NOTE:

To get the right blood pressure value, make sure the wrist with the same high level of the heart, palms upward relax, finish 6 deep breaths can get the right values. Wrist and the heart must maintain the same high level, too low, too high or too tight, the value may be a little higher.

How to measure

To know your blood pressure, please measure on a fixed time everyday. Please refer to chapter: "suggestion before measurement", "using method of wristband", "right measurement" "posture".

1, Please tie the wristband with wrist, palms up and relax, let the wristband at the same high level with heart (refer to explanation on last page)

2, Press power key, all symbols on the screen will appear, when "0" stops flashing, can start measuring now.

3, Press power key again to start measuring, wristband charges automatically from 160-1g, screen appears symbol "h" during charging. (Please don't talk or wave when measuring)

4, After adding the pressure, pressure will decrease gradually, air in the wristband will discharge automatically. Value on screen decrease gradually. When measurement finished, the flashing will be the same as heartbeat.

5, Measurement finished, heart symbol stops flashing, the highest and lowest pressure, number of pulse will be showed on screen.



Note:

If wristband can not stop charging, please unfasten the wristband, or press off key to turn off the machine. Please don't be nervous about the high or low blood pressure, measure it at a fixed time everyday and then go to the doctor for suggestions.

If you want to measure repeatedly, please take a rest for 4-5 minutes every time after you have finished last measurement. Normally, the second time will be more stable than the first one, so the pressure will be lower. For the people who are easy to be nervous, second measurement is valid. Often we take the second measurement result.

How to check the measured value

1. Store measurement values automatically machine will store pressure and pulse number everytime after measurement, at most 28 groups of number, when over 28 groups, the earliest value will be deleted automatically and replaced by new values.




2. Read the measured value under normal state, press "memory" key to read the measured value, press "memory" key again to read the next group of value. (M01 shows the latest measurement value, M02 shows the last one, etc.)

How to clean and store

1. Put the blood pressure meter in a case after you finished the measurement;
2. Please take out the battery if you would' t use it for a long time(more than 3 months)
3. Please don' t put it under the sun,high temperature,dust,or coustic gas,also can not operate the machine in such kind of environment.
4. Don' t pull straight the wristband and stike the machine hardly
5. Don' t use too much water to wash it,moisten it and wristband
6. Please use clean and soft cloth to wipe it gently,and then dry it immediately.
7. Don' t use volatile,thinner and acohol to clean the machine;
8. Don' t put it in high or low temperature.
Operate temperature: 1 0℃—40℃, 40%—85%R_H.
Store temperature: —20℃—50℃, 1 5%—90%R_H.


Wrong information and malfunction elimination

If you found the measurement value is not right, wrong information appears on the screen, please operate according to the following directions and measure once again.

Wrong Information	Excuses	Solution method
	<ul style="list-style-type: none"> Added pressure is not enough Wristband is damaged 	<ul style="list-style-type: none"> Wristband is not tight, please adjust according to this user manual Pressure decreasing malfunction, please check with your supplier
	<ul style="list-style-type: none"> Wrong measure method and posture (Maybe you moved or talked with others during measurement) Interfered by noise during measurement Too nervous, not relax or has serious heart problem 	<ul style="list-style-type: none"> Wristband is not tight, please adjust according to this user manual Measure again 4-5 minutes later If you feel bad during measurement, please go to see the professional doctor
	<ul style="list-style-type: none"> No heartbeat or measure value, maybe caused by low pulse, not easy to measure Wrong measure method and posture (Maybe you moved or talked with others during measurement) 	<ul style="list-style-type: none"> Wristband is not tight, please adjust according to this user manual Measure again 4-5 minutes later

If malfunction appeared during using, please check the following. If you can also not use it in the right way after careful check, it may have problem. Please check with your supplier, don't mend it by yourself.

Malfunction elimination

Problem	Excuse	Malfunction elimination
After the power installation finished, press power key, nothing displayed on screen	<ul style="list-style-type: none"> ! Battery is not installed in the right way ! No power in the battery 	<ul style="list-style-type: none"> ! Check and confirm the pole of battery ! Take out the power, 1 minute later, install the battery again or change the new battery
Can not charge automatically	Wristband is not tight	! Wristband is not tight, please adjust according this user manual
	Battery has no power, or the power is not enough	<ul style="list-style-type: none"> ! In order to keep the values before and the time settings, please power off before change the battery ! Change 2 new AAA Alkaline batter ! If haven't installed the battery for 30

Problem	Excuse	Malfunction elimination
Can not measure, or blood pressure is different everytime, or the value is too high or too low		<p> Tie the wristband again according to user manual</p> <p> Take a rest for 4-5 minutes and relax</p> <p> Make sure the wrist and heart are at the same high level during measurement</p> <p> Don't talk or move during measurement</p> <p> The result maybe not right if the user has serious heart problem</p>
The value of the pressure which measured at home is not the same as the one measured in hospital, or has much difference		<p> Because of the measurement environment</p> <p> Because of the physical and psychological problem of user</p> <p> Note down your result and go to see the doctor</p>

Product specifications

Product name	NDL-100
Display	LCD screen
Measurement method	Pulse scan method
Measurement scope	Blood pressure
Varacity	Blood pressure:record wtihin 3mmHg or below 2% error Pulse:record below 5% error
Memory	Can store 60 groups of value and time
Pressure increasing	Automatical
Pressure decreasing	Automatical
Exhaust	Automatical
Pressure sensitivity	Semiconductor pressure sensor
Power	New alkaline battery around 250 times
Measurement intervals	1mmHG
Operation temperature	-10-----+40℃
Store temperature	-20---- +50℃
Longevity of battery	250 times
Weight	105g
Measurement scope	135-195mm cycle
Size	70*72*23MM

Personal Record of Blood Pressure

NAME_____ AGE_____ WEIGHT_____

[illegible]

NOTE: If not enough ,plese print this paper yourself.

Personal Record of Blood Pressure

NAME_____ **AGE**_____ **WEIGHT**_____

[illegible]

NOTE: If not enough ,plese print this paper yourself.

Personal Record of Blood Pressure

NAME_____ **AGE**_____ **WEIGHT**_____

[illegible]

NOTE: If not enough ,plese print this paper yourself.